

Greek Lentil Soup (Fakes Soupa)

Yield: 11 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-greek-lentil-soup>

Ingredients:

- 2 tablespoons olive oil divided
- 1 onion diced small
- 3 carrots diced small
- 2 celery stalks diced small
- 2 garlic cloves minced
- 1 1/2 cups green lentils dried
- 1 diced tomatoes 14.5 oz can, un-drained
- 4 cups vegetable stock
- 2 cups water
- 2 tablespoons parsley fresh, chopped, or 2 tsp dry
- 3 bay leaves
- 1 1/2 teaspoons oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons red wine vinegar
- 1/4 cup plain yogurt
- 1 teaspoon lemon juice
- feta cheese
- Kalamata olives

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 9 grams
6. Protein: 8 grams

7. SaturatedFat: 1 grams
 8. Sodium: 500 milligrams
 9. Sugar: 3 grams
-

Thank you for visiting our website. Hope you enjoy Greek Lentil Soup (Fakes Soupa) above. You can see more 20 recipe for greek lentil soup Unleash your inner chef! to get more great cooking ideas.